


# July Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

The meal is served at Noon. Reservations must be made at least 48 hours in advance.  
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<b>3</b> Cheeseburger Baked Beans Pepper Slaw Watermelon Pie	<b>4</b> <b>Center is Closed</b>  	<b>5</b> Hot Turkey w/ Gravy Parslied Mashed Potatoes Seasoned Green Beans Applesauce	<b>6</b> Salisbury Pepper Steak Brown Rice Pilaf Steamed Carrots Amish Bean Salad Plum Halves
<b>10</b> BBQ Pulled Pork Multi Bean Salad Fresh Cole Slaw Mandarin Oranges	<b>11</b> Baked Chicken Calvados Wild Rice Seasoned Spinach Fruit Cocktail <b>(Tuesday dinner: fish and chips)</b>	<b>12</b> Meatloaf w/Tomato Gravy Mashed Potatoes Seasoned Green Beans Diced Peaches	<b>13</b> Baked Ham Slice Peas & Carrots Sweet Potatoes Apricot Halves
<b>17</b> Roast Beef Eye Round Seasoned Red Potato Cucumber & Tomato Salad Cinnamon Applesauce	<b>18</b> Cold Cut Meat Sub Provolone Cheese Potato Salad Cole Slaw Fruit Cocktail <b>(Tuesday dinner: fried chicken)</b>	<b>19</b> Cheeseburger Lettuce and Tomato Seasoned Spinach Fresh Coleslaw Chilled Pineapple	<b>20</b> Poppy Seed Chicken Rice Pilaf Stewed Tomatoes Apricot Halves
<b>24</b> Rosemary Pork Loin Peas & Pearl Onions Sweet Potatoes Greek Style Salad w/ Feta Cinnamon Apples	<b>25</b> Meatball Sub Shredded Cheese Steamed Baby Carrots Multi Bean Salad Chilled Peaches <b>(Tuesday dinner: pancakes)</b>	<b>26</b> <b>Center is Closed</b>  <b>Join us for            Christmas in July at            Brunswick Senior Center</b>	<b>27</b> <b>Center is Closed</b>  <b>Staff Development Day</b>
<b>31</b> Roast Turkey w/ Gravy Savory Stuffing Greens Beans Fruit Cocktail			

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.

Cancellations may be made up to 24 hours in advance.

Register in person at the Center or call 301-600-7020.

### Cost

The current cost is \$4.68 per participant per meal.

The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".

Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.